



Swanning Around

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Club News

Howdy, y'all. Just want to let you know that we're still swimming. Tues/thur night and Saturday morning. Same ol', same ol'. So, be sure you keep coming or the coaches or your lane mates might just get on your case a wee bit.



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"Stop drafting and go ahead already!"

Upcoming "Swimming" Events

Let the captains (Bob/Jackie) or any coach know if you'd like to hop in one of them and aren't sure how to enter.

Next meet is the **state relay meet at Challenge Stadium on Saturday, 16 Aug**. It will be short course (25m) so you'll have to do more turns. Entries are due by the 8th though so please let our captains know if you want to enter by Tuesday.

Please try to make the LiveLighter meet on Sun, 14th Sept. You have 6 weeks to get ready so should be a brilliant way to start spring!!!



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Pool Swims

Official swim chances left ([master list](#))...

- 2014 Groper State Relay Champs – SC --- Sat, 16 Aug
- Challenge Stadium LiveLighter CC-LC --- Sun, 14 Sept (4x100 relays aren't held that often ☺)
- Tuart College LiveLighter CC-SC --- Sun, 23 Nov (Last meet of the year)

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Event Results

Not sure much is going on right now...

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Workout Hints

Flip turns... forward rolls aren't natural so here are some hints:

- If you're so inclined, you can even do freestyle ones without a wall. Granted, this is a bit tricky swimming with other people but I'm sure you can tell if this can/can't be done because you know where everyone is in your lane, right? :) I think the best thing about this is the note on momentum. When I get tired, I go into the wall slower which makes the turns much less efficient (i.e. I get a bad push off and have to swim more). [\[linky\]](#)
- You can even do them with backstroke. Just be sure to count your stroke. Either from the flags or other lane indicators like the red markers on the lane line 15m out or at the last 5m. The biggest challenge is when you get tired because that 3-5 strokes might turn into 3 with a long slow float if you get lazy. [\[linked\]](#)

Needless to say, you have to practice these a lot especially when you get tired. So next time you are dying at the end of practice, think about a good turn and push off, your arms will thank you.

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Socializing

Chili Night – Thur 14 Aug at 8:30

Feeling a little cold? Wishing winter would just go away? Yeah, cant do much about that really but Erica has offered to cook up some chili for folks to make your insides all warm and comfy. So bring \$10 to cover the food (non-carnivores will be catered to too) and we will enjoy our evening in the Perth College kitchen.

And if you have a crock pot you can spare, let Erica know as I think she could use another device to feed us.



Standing dates...

- Brunch every Saturday after practice - swim a bit and then enjoy a nice meal somewhere with the gang (show up even if you don't swim because we all have to eat)
- First Thursday "Burger" - grab dinner after the 1st Thursday practice of each month (meat and non-meat burgers are fair game)
- Third Tuesday is "Taco Tuesday" (cheap eats!!!)



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Sundry

Huh, who knew that zebra's camoflage works well against sharks too? Yet another [TED talk](#) for you to watch.



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